Gum Disease Overview and Risks

Did you know that nearly half of the adults over the age of 30 have some form of gum disease? And honestly, in my experience, I think it may even be more than that.

But here's the good news. Your body and cells have the ability to heal themselves. if you give them what they need to do the job. So let's learn exactly what that is.

Gum disease is more than just bleeding gums. It's actually a sign of deeper inflammation. So you can just treat the symptoms, which is the bleeding gums.

But today what we're going to talk about are effective natural treatments to treat root cause so that you can have healthy gums, stronger teeth, and a healthier body.

So some common signs of gum disease that you probably know to look for are things like bleeding gums, sore gums when you're flossing, maybe even teeth getting loose.

These are all things that show something's not right. What is the risk of this? the gums and the bone that are surrounding teeth are the foundation of really everything in the mouth.

So I like to think of it a lot like a home. If you have termites in the foundation of your home, it doesn't matter how beautiful the home is on top, it's at risk.

The same goes with your mouth. So just from a dental standpoint, if you have termites in the gums and in the bone that are holding those teeth in, they're at risk to be lost.

Now I know nobody wants to lose a tooth.

How Plaque and Tartar Damage Gums

I remember in dental school, we had to have extracted teeth or pulled teeth to actually start to learn how to do dental procedures. So I had a few dentists that would keep the teeth that they had taken out and they would send them to me.

So I got this bottle of teeth one day from one of these dentists and I was appalled. I looked at these teeth and they didn't have a cavity on them. Now I knew this dentist, so I said, why in the world did you take these teeth out?

And he said, obviously you have a lot to learn. But he said, the patient had such bad gum disease, the teeth were literally flapping in the wind in the mouth.

There was no way they could stay in the mouth because the foundation had been eroded away because of disease. This is not what you want to have happen to you.

But here's the kicker. That infection doesn't just stay put there. It actually is going to go through your entire body. There are blood vessels in your gums and those blood vessels connect to everything else.

So if you have infection here, that infection is going to spread. And there are some really real risks of this with places like hearts and brains. There have been research studies showing that if you have gum disease, it's going to increase your risk of heart disease.

of strokes, of heart attacks, of all sorts of things. Literally, I can give you an entire list of every single organ system that is affected by the infection going on in your mouth.

This is not something that you want to mess around with. So let's get into what you can do to prevent this. The first thing you're going to do is just to keep your teeth clean, right?

And that is the thing that most people know to do. Let's clean the teeth. But let me give you some tips and tricks about this. Number one, plaque that you feel on the teeth.

You know what that is? That sticky layer. It literally is there at the end of every 12 hours. It's going to repopulate and bacteria are going to move into that every three months.

So these are really important numbers to remember. Every 12 hours, you should be brushing that plaque off your teeth. Why? Well, if the plaque stays on the teeth, it actually calcifies.

Daily Cleaning and Dental Care

So minerals from your saliva move in and turn it hard. We know what this is called. It's called tartar, right? Now what tartar does is it actually will allow a place that bacteria can live.

So it has lots of nooks and crannies, it's not smooth at all, bacteria move into the tartar and now you can't get that off at all. There's nothing you can do with your toothbrush to really get that off.

So as soon as that plaque calcifies and turns into tartar, you have a war zone going on in the mouth that is going to be very dangerous for your gums.

So you need to be removing all of the plaque every single 12 hours. This is twice a day. You need to be removing plaque. That's brushing and brushing well with something that's going to clean.

So I recommend our hydroxyapatite tooth powder. Why? It actually cleans beautifully. So many patients have said, When I use your tooth powder, it feels like I just left the dentist.

Like this is amazing how clean my teeth feel after using this product. So you're going to notice your teeth are clean after using this. You're going to floss.

If you have dental work in places that have some nooks and crannies that are hard to get to, you're going to want to get some floss in there or a water pick in there to get that plaque out as well.

So keeping it off every 12 hours is really important. If you have gum disease, you need to get your teeth cleaned at the dentist every three months, because remember, those bacteria move in and make a real happy home every three months.

If they don't get off the teeth, they are gonna create long-term bone loss, which doesn't grow back naturally, and gum loss, again, making that foundation very shaky.

So what I recommend, Tooth powder, you're gonna brush twice a day. Mouthwash, why do we use the mouthwash? Has things like herbs, calendula, plantain, marshmallow root, which all help decrease inflammation in the gums and increase health of the gums.

Nutrition, Minerals, and Gum Health

So clean your teeth, take care of them, and come to the dentist and let us help. The second thing you're going to do is nutritionally. Remember how I talked about that calcium and those minerals floating in the saliva actually are what hardened that plaque and turned into tartar?

Well, there's more calcium and minerals floating around if you aren't able to absorb the minerals and use them properly. You have to have vitamin D3 and vitamin K2 to be able to utilize those minerals properly.

So if you are deficient in that, you're probably going to get more tartar. Now, I just was at a conference this weekend and a dentist actually came up to me and she said that she actually gets a lot of tartar naturally just because some of the diet choices that she makes.

She said until she started using the tooth pattern, she would get so much buildup on her teeth. She said as soon as she started using the tooth pattern, no more buildup.

So this really can help with a lot of different things. Vitamin D3K2, make sure you're getting enough of it so you can absorb minerals properly and get the teeth cleaned the way they need to be cleaned, both here at the dental office and at home.

All right, let's get to a little good news here. Gum disease isn't a life sentence.

Long-Term Gum Disease Management

Now, once you have it, you're always going to be affected, meaning if you have bone loss, that bone loss is going to stay unless you surgically replace that bone.

However, you can get those gums healthy and tight and protective to your body, even if you've had a little bit of bone loss in the past. But it's something you're going to have to stay on top of.

So you are going to work very hard to follow these solutions and suggestions. You're going to use the hydroxyapatite tooth powder. You're going to use the mouthwash every single day.

And you're going to come and see us every either three or six months to make sure that we're getting that hard crusty stuff off where bacteria live. This is so crucial, but it's possible and it's doable.

So if this is something you want to know more about, please check out our site, check out our tooth pattern and our mouthwash on there. Leave some comments here on how we can help and things that perhaps I haven't answered that you would love to know.

We just want to make sure that you have a healthy mouth and a healthy body. And this is one way you're going to do it.